

# THE MAGIC MOMENT TRICK



When you're scared  
or feeling sad,  
a little bit angry,  
a little bit mad,  
just slow down and  
start to breathe  
in and out

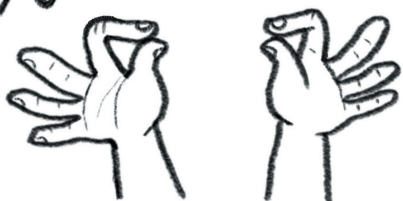
1...2...3...



ten times with ease,  
think of something  
that makes you smile  
and hold that thought  
for a little while,  
then squeeze your fingers  
really tight  
and your magic moment  
will shine so bright!



SQUEEZE



NIALL BRESLIN & SHEENA DEMPSEY

